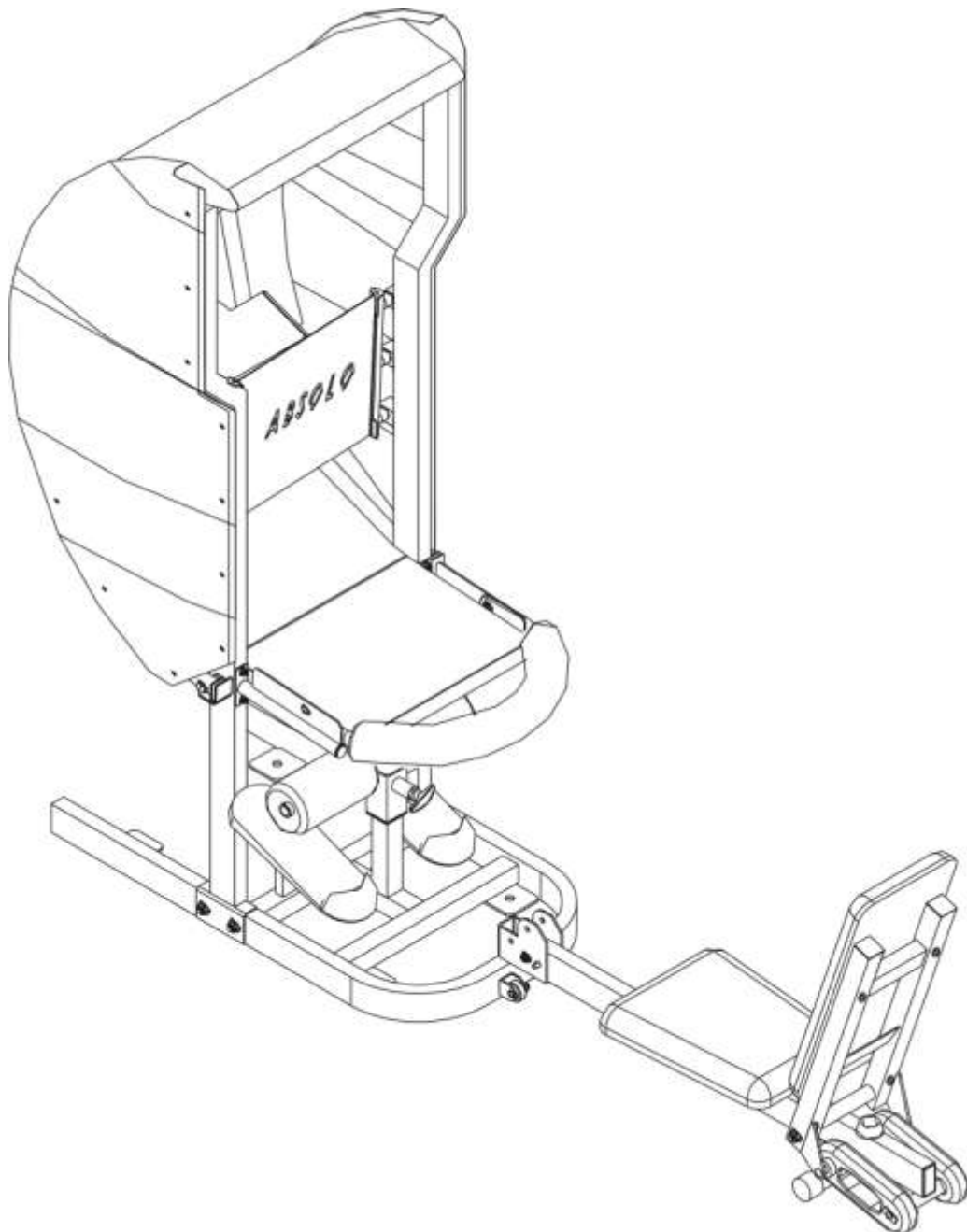


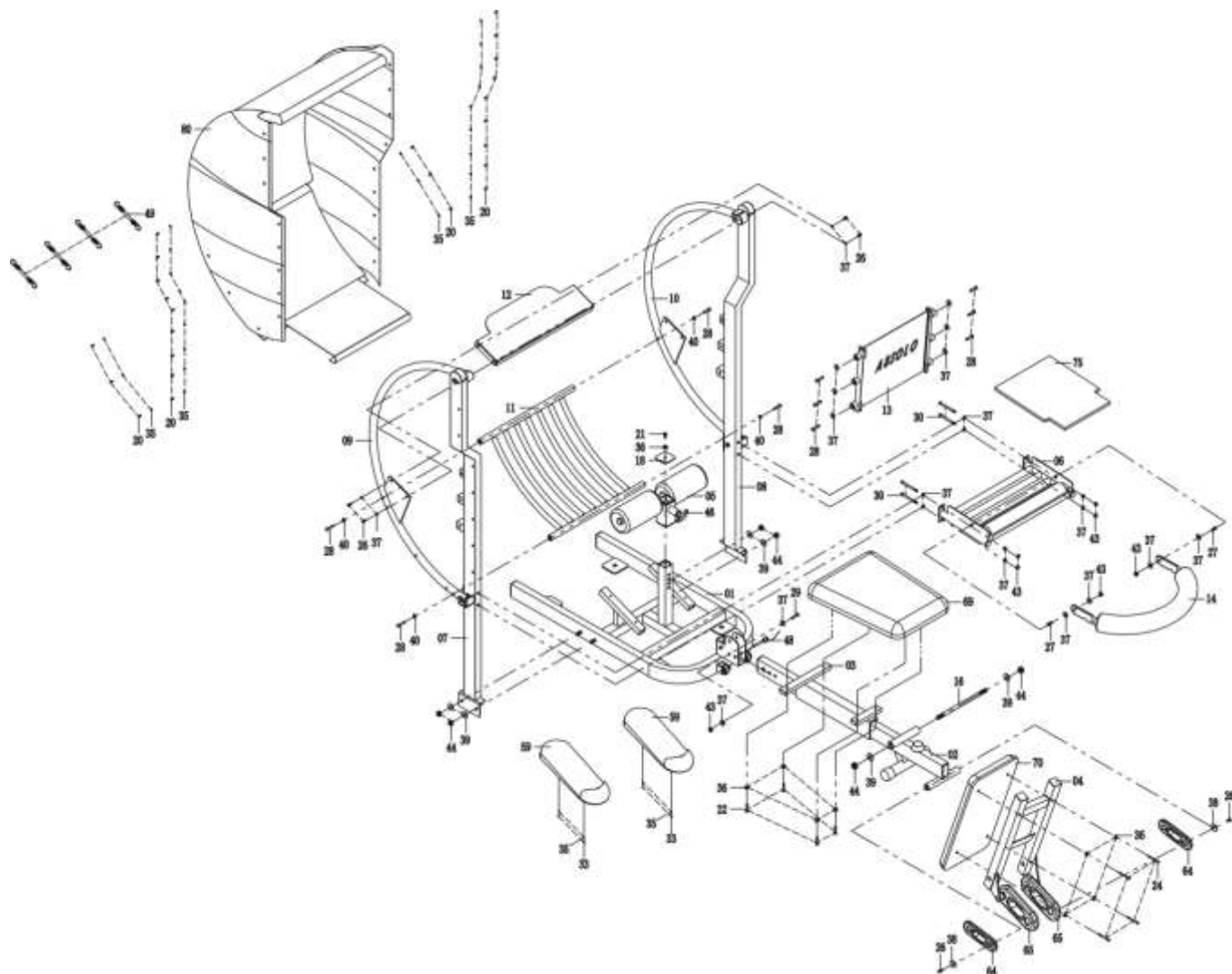


PT1000 AB SOLO



AB SOLO

ASSEMBLY DIAGRAM

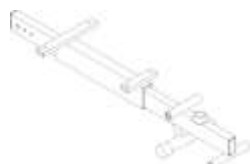


AB SOLO

PRE-ASSEMBLY CHECK LIST



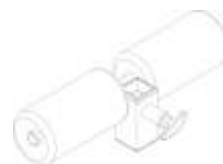
NO. 1



NO.02, 03



NO. 04,65



NO. 05,46



NO. 06



NO. 11



NO.12



NO. 13



NO.14



NO. 16



NO. 47



NO.48



NO.59



NO. 64



NO.80



NO. 69



NO.,70

























NO.75

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Main frame	1	16	Shaft B	1
2,3	Seat support set	1	47	Quick release	1
4,65	Back support set	1	48	Safety Pin	1
5,46	Foam tube set	1	59	Pedal(L&R)	2
6	Front shelf	1	64	Rubber A	2
11	Connected tube	1	69	Seat	1
12	Plate A	1	70	Back cushion	1
13	Front panel set	1	75	Sponge B	1
14	Front column	1	80	Main cover set	1

AB SOLO

HARDWARE PACKLING LIST

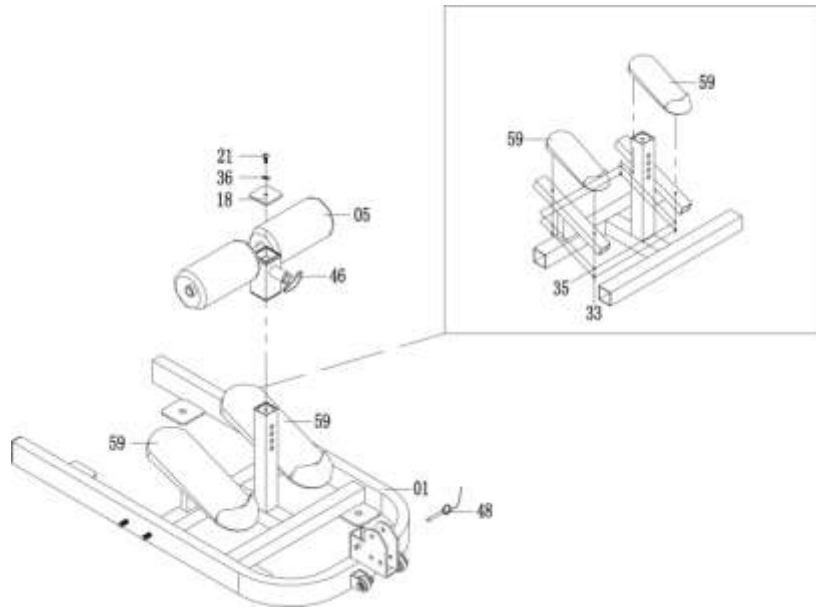
Part NO	Description	Q'ty	Drawings
18	Square plate	1	
21	Allen bolt M8 x 20L	1	
22	Allen bolt M8 x 30L	4	
24	Allen bolt M8 x 50L	4	
26	Allen bolt M10 X 20L	6	
27	Allen bolt M10 X 25L	2	
28	Allen bolt M10 X 45L	10	
29	Allen bolt M10 X 55L	1	
30	Hex bolt M10 x 85L	4	
33	Philips screw M5 x 25L	4	
35	Washer $\phi 6.1 \times \phi 13$	4	
36	Washer $\phi 8.5 \times \phi 20$	9	
37	Washer $\phi 10.5 \times \phi 20$	24	
38	Washer $\phi 10.5 \times \phi 40$	2	
39	Washer $\phi 12.5 \times \phi 30$	6	
40	Curver Washer $\phi 10.5 \times \phi 20$	4	
43	Nut M10	7	
44	Nut M12	6	
49	Hook	4	
83	Wrench	2	
84	Allen key	1	
85	Allen key	1	

AB SOLO

ASSEMBLY INSTRUCTION

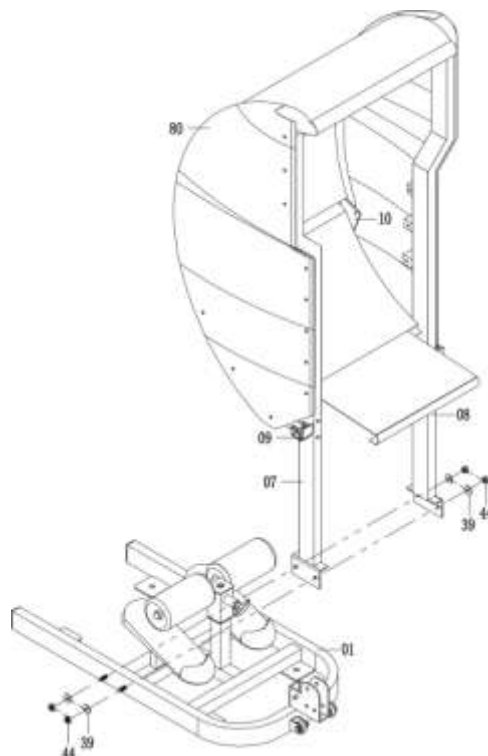
STEP 1

- A) Attach Left Pedal(59) to Main frame(01), tighten with 2 x Washer(35) and 2 x Philips Screw(33). Repeat for the Right Pedal (59).
- B) Insert Foam tube (05) into Main Frame(01), put it on position you like, and then tighten with T-knob(46), Square plate(18), Washer(36) and Allen bolt(21).



STEP 2

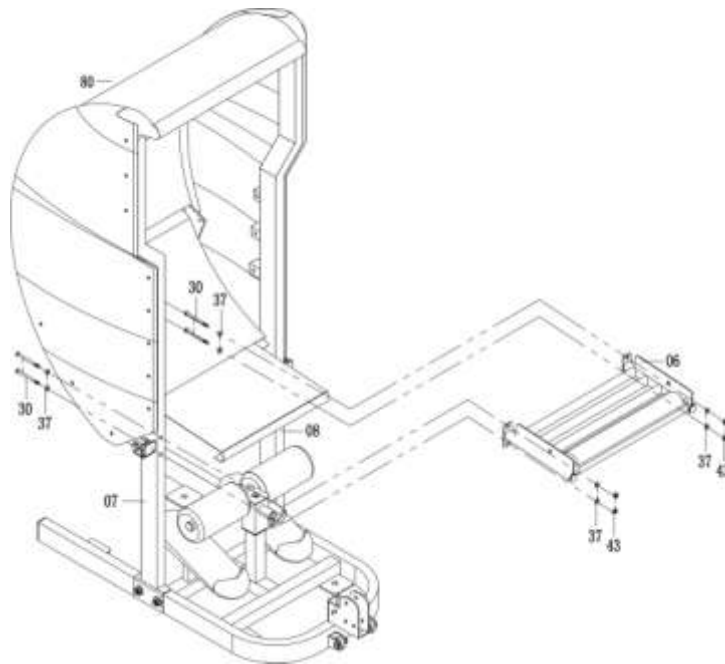
- A) Attach Main cover set (80) to Main frame(01), tighten with 4 x Washer(39) and 4 x Nut (44).



AB SOLO

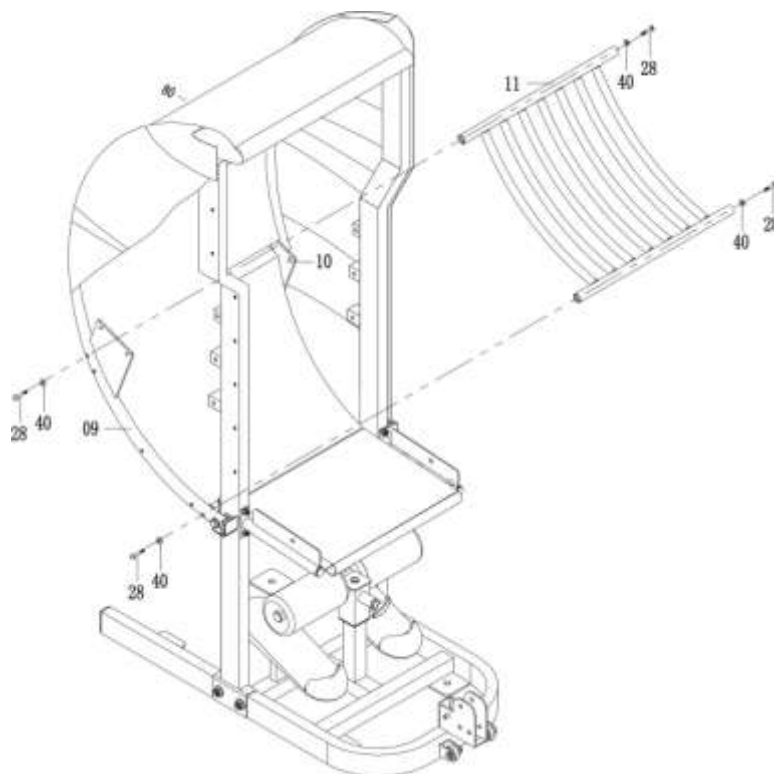
STEP 3

A) Attach Front shelf(06) to Main cover set(80), securing with 8 x Washer(37), 4 x Hex bolt(30) and 4 x Nut(43).



STEP 4

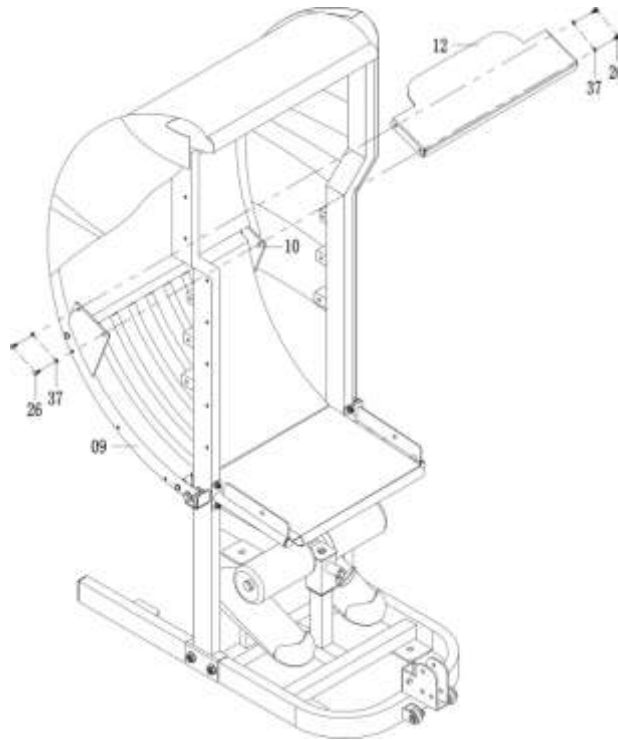
A) Move up Main cover(80), come out curver tube(09&10). And then attach Connected tube(11) to curver tube(09&10), securing with 4 x Curver washer(40) and 4 x Allen bolt(28).



AB SOLO

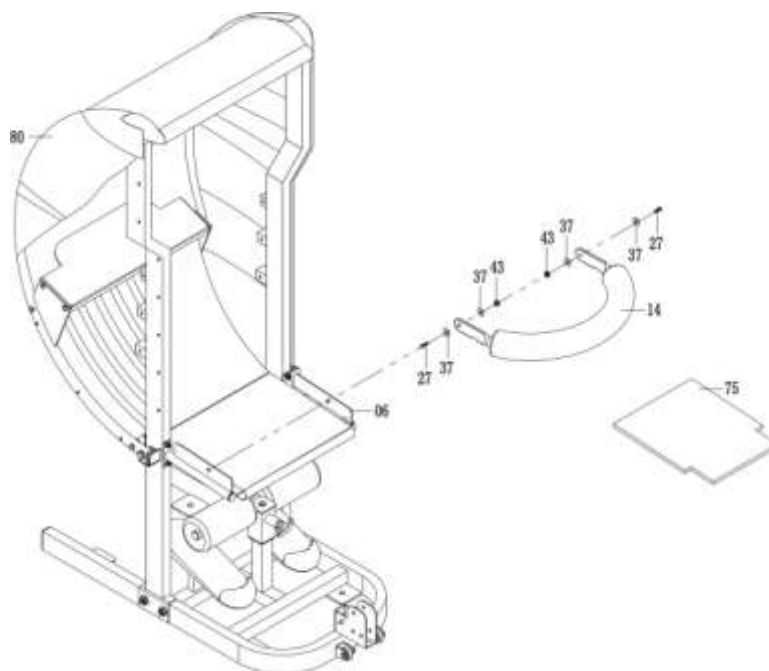
STEP 5

- A) Attach Plate A(12) on the Curver tube(09,10), tighten with 4 x Washer(37) and 4 x Allen bolt(26).



STEP 6

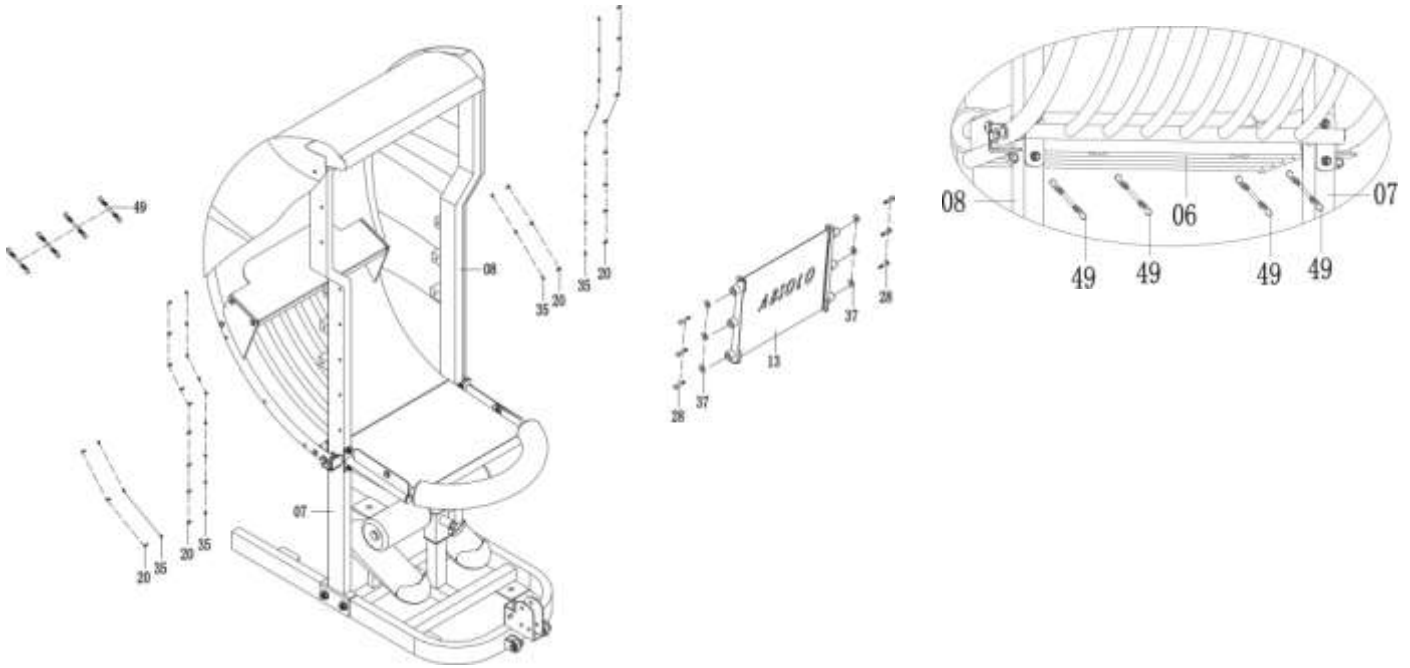
- A) Put Sponge(75) into interlayer between Main cover(80) and Front shelf (06).
B) Atch Front curver column tube(14) to Front shelf(06), tighten with 4 x Washer(37) and 2 x Allen bolt(27) and 2 x Nut(43).



AB SOLO

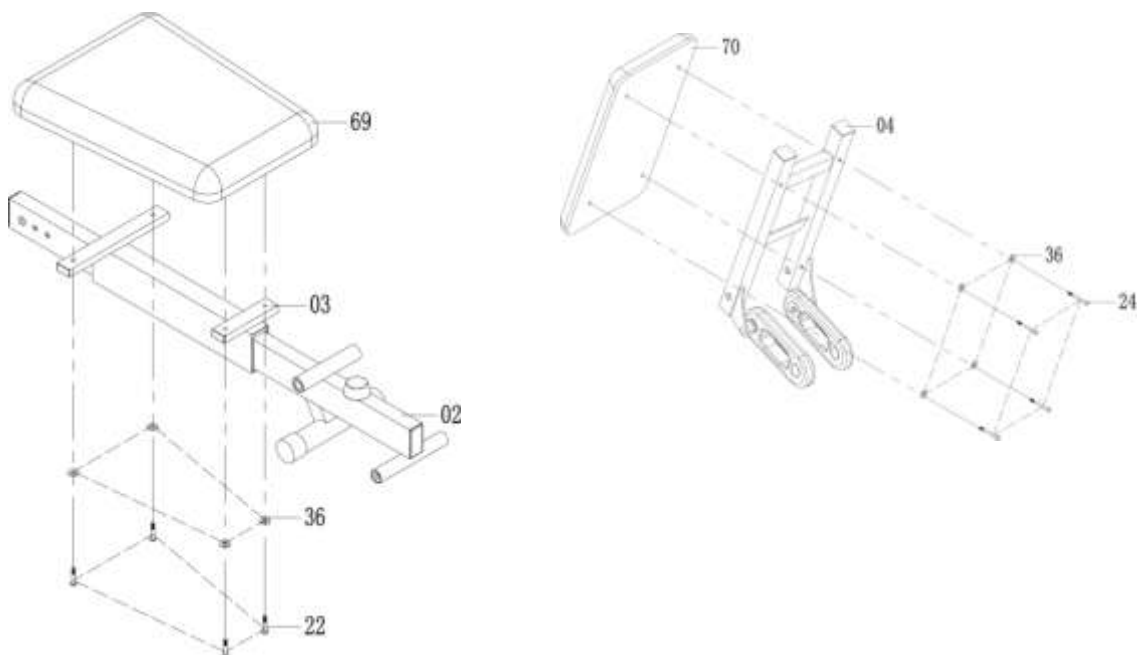
STEP 7

- A) Attach the Front panel set (13) on the Side support tube(07,08,), securing with 6 x Allen bolt(28) and 6 x Washer(37).
- B) Move down Main cover (80), attach it on the Side support tube(07,08) and Curver tube(09,10), tighten with 24 x Allen bolt(20) and 24 x Washer(35).
- C) Connect bottom of Main cover(80) and Front shelf (06) by 4x Hook(49).



STEP 8

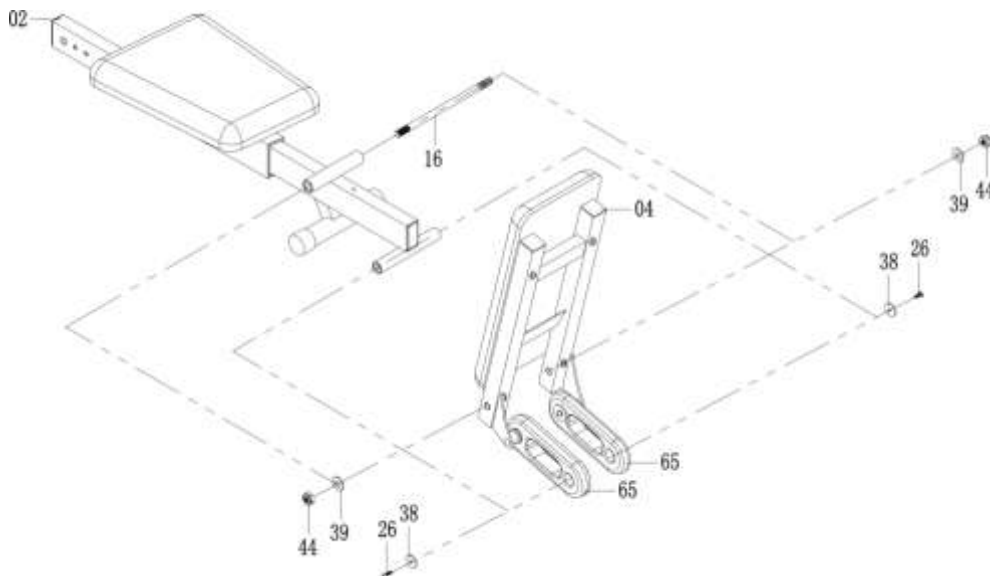
- A) Attach Seat(69) to the Seat support set(03), securing with 4 x Allen bolt(22), 4 x Washer(36).
- B) Attach Back cushion(70) to Back support tube(04), tighten with 4 x Allen bolt(24) and 4 x Washer(36).



AB SOLO

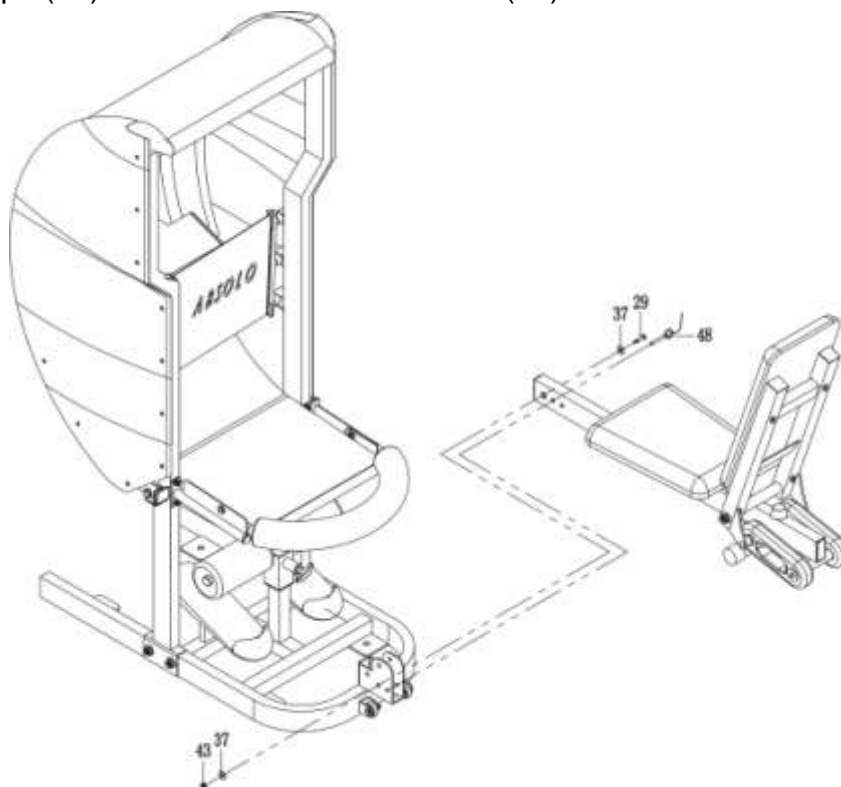
STEP 9

- A) Attach Back cushion support tube(04) on Slider tube(02), and then insert Shaft B(16), tighten with 2 x Washer(39) and 2 x Nut(44).
- B) Attach Rubber A(65) onto the Slider tube(02), Securing with 2 x Washer(38) and 2 x Allen bolt(26).



STEP 10

- A) Attach Back cushion and seat set to Main frame(01), tighten with 2 x Washer(37) and 1 x Allen bolt(29) and 1 x Nut(43).
- B) Insert safety pin(48) into the Hole of Main Frame(01) to fix seat set.



AB SOLO

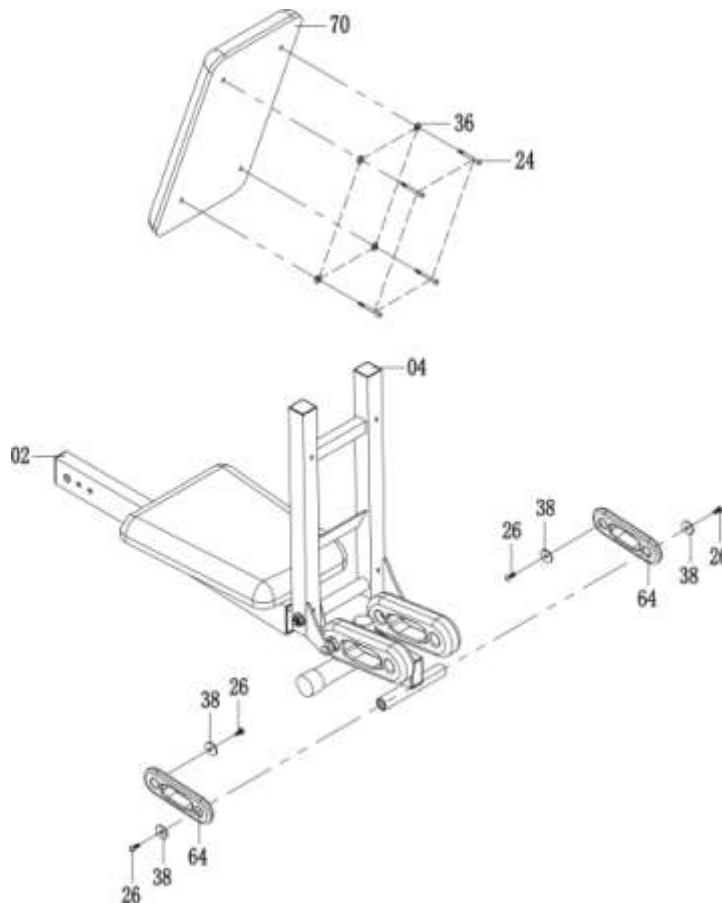
STEP 11

NOTE:

You can change 25LBS Rubber B(65) to 10LBS Rubber A(64) to lighten tension, Or add 10LBS Rubber(64) to strengthen tension.

How to assemble Rubber.

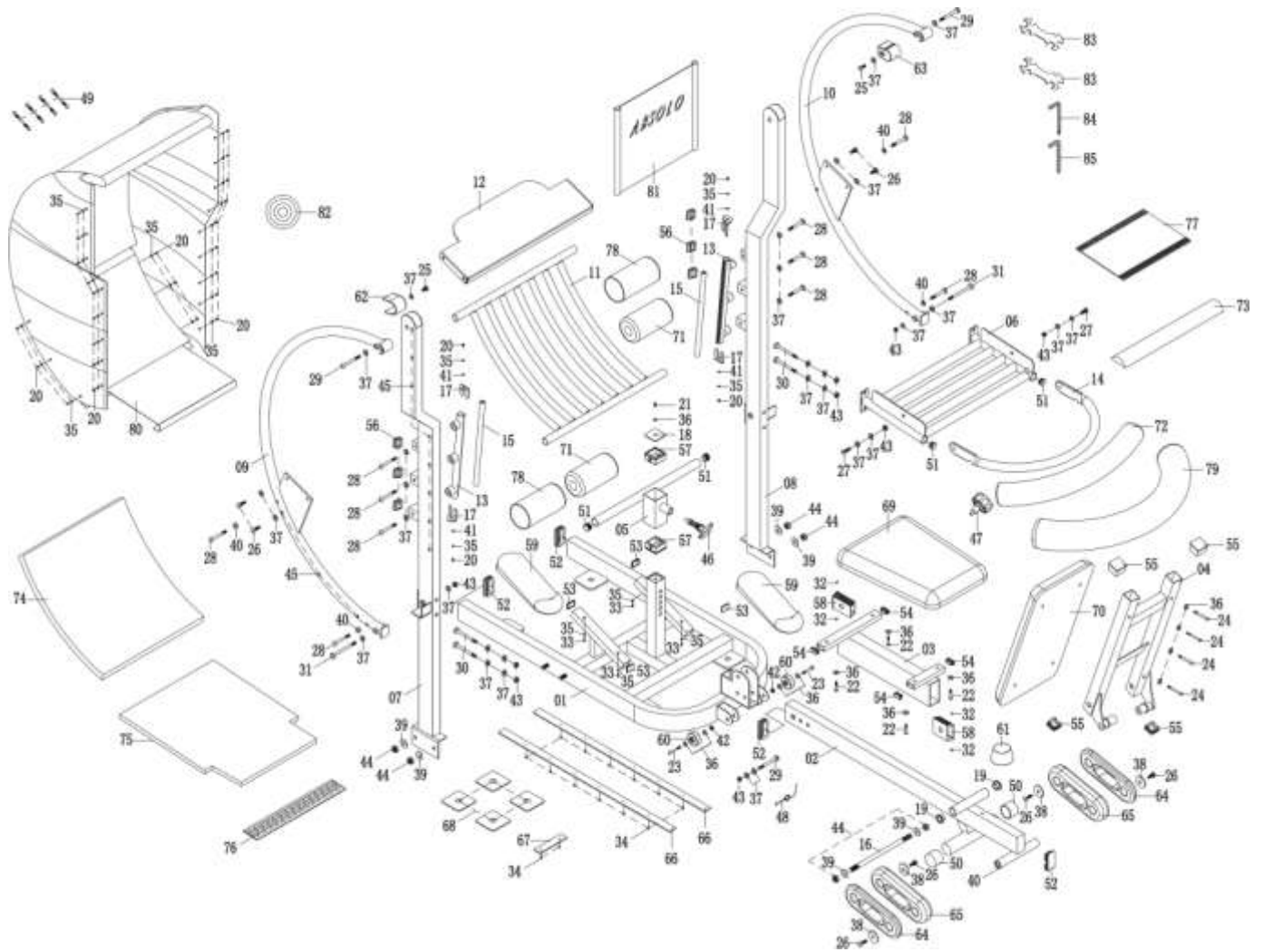
- A) Release 4 x Washer(36) and 4 x Allen bolt(24), take out Back cushion(70)
- B) Release 2 x Washer(38) and 2 x Allen bolt(26) which attached on the Back cushion support set(04).
- C) OPTION 1: Release Tension: Take out 25LBS Rubber B(65), and then attach 10LBS Rubber A(64), tighten with 4 x Allen bolt(26) and 4 x Washer(38).
OPTION 2: You can add 10LBS Rubber A(64) to strengthen tension.
- D) Attach Back cushion(70) to Back support set(04), tighten with 4 x Washer(36) and 4 x Allen bolt(24).



**CHECK ALL BOLTS AND NUT ARE TIGHTENED
BEFORE USING THE MACHINE**

AB SOLO

EXPLODED DIAGRAM



AB SOLO

PARTS LIST

PART NO.	DESCRIPTION	Q'TY
1	Main Frame	1
2	Slider tube	1
3	Seat support tube	1
4	Back cushion tube	1
5	Foam tube	1
6	Front shelf	1
7	Side support tube(L)	1
8	Side support tube (R)	1
9	Curver tube (L)	1
10	Curver tube (R)	1
11	Curver tube set	1
12	Plate A	1
13	Front panel support tube	2
14	Curver column	1
15	Shaft A ϕ 10x310L	2
16	Shaft B ϕ 12x250L	1
17	Locked plate	4
18	Square plate	1
19	Powder	2
20	Allen bolt M6 x 20L	28
21	Allen bolt M8 x 20L	1
22	Allen bolt M8 x 30L	4
23	Allen bolt M8 x 45L	2
24	Allen bolt M8 x 50L	4
25	Allen bolt M10 x 15L	2
26	Allen bolt M10 x 20L	8
27	Allen bolt M10 x 25L	2
28	Allen bolt M10 x 45L	10
29	Allen bolt M10 x 55L	3
30	Hex bolt M10 x 85L	4
31	Hex bolt M10 x 90L	2
32	Philips screw M4 x 10L	4
33	Philips screw M5 x 25L	4
34	Philips screw M4 x 15L	14
35	Washer ϕ 6.1x ϕ 13	32
36	Washer ϕ 8.5x ϕ 20	13
37	Washer ϕ 10.5x ϕ 20	32
38	Washer ϕ 10.5x ϕ 40	4
39	Washer ϕ 12.5x ϕ 30	6
40	Curver Washer ϕ 10.5x ϕ 20	4
41	Spring washer M6	4
42	Nut M8	2

AB SOLO

PARTS LIST

PART NO.	DESCRIPTION	Q'TY
43	Nut M10	9
44	Nut M12	6
45	Rivet M6	24
46	T-knob	1
47	Quick release	1
48	Safety Pin	1
49	Hook	4
50	Round end cap A	2
51	Round end cap B	4
52	End cap A	4
53	End cap B	4
54	End cap C	4
55	End cap D	4
56	End cap E	6
57	Bushing A	2
58	Bushing B	2
59	Pedal	2
60	Transportation wheel	2
61	Cushion	1
62	Rubber cover for curver tube (Left)	1
63	Rubber cover for curver tube (Right)	1
64	Rubber A	2
65	Rubber B	2
66	Rubber pad A	2
67	Rubber pad B	1
68	Rubber pad C	4
69	Seat	1
70	Back cushion	1
71	Polyfoam	2
72	Pearl foam A	1
73	Pearl foam B	1
74	Sponge A	1
75	Sponge B	1
76	Velcro	1
77	Cover for front shelf	1
78	Cover for foam	2
79	Cover for Pearl foam A	1
80	Main cover	1
81	Front panel	1
82	Target	1
83	Wrench	2
84&85	Allen key	2

